



55+ Adult News

SEPTEMBER & OCTOBER 2023

WEEKLY CARD & GAME GROUPS

New players are always welcome! Please arrive 10 minutes before the scheduled start time to get set up. All groups meet in the Brookview Valley Room. No registration required.



DAY	GROUP	TIME
Mon	Dominoes	1 pm
Tue	Cribbage	1 pm
Wed	Hand & Foot	10 am
	500	1 pm
Thu	Duplicate Bridge (bring a partner)	12:30 pm
Fri	Party Bridge	9:30 am

MEDICARE COUNSELING BY SENIOR LINKAGE LINE®

Senior LinkAge Line® trained counselors meet with you one-on-one to provide informed, unbiased assistance while navigating the often-complex process of enrolling in Medicare or supplemental health insurance policies. You can register at trellisconnects.org or by calling Senior LinkAge Line® at 800-333-2433.

Brookview Rice Lake Room

Thu, Sep 7, 14, Oct 5, 12, or Nov 2, 9
9, 10:30, or 11:30 am



55+ ADULT NEWSLETTER SUBSCRIPTION

Subscribe to our bi-monthly newsletter to stay in the know! Subscriptions run January–December and must be renewed each December by mail, online, or walk-in at Brookview.

\$5 res, \$8 non-res Y3200H



55+ FALL LAWN BOWLING LEAGUE

Take part in the annual fall lawn league. Game equipment is provided and an official is present during league play. No special clothing is required; however, teams with all members competing in white tops and white or khaki bottoms receive one point before match play begins. No heeled shoes—flat-bottom shoes only on the court. Register individually or as a team of 4–8 players.

Fee includes six weeks of league play, game equipment, and official.

NOTE: Sunscreen and a sun visor or hat are absolute musts when bowling in the sun.

Brookview Lawn Bowling Rinks
Wed, Aug 16-Sep 20
10-11 am
\$5 league fee, plus \$3/week
F3302A



INTRO TO NORDIC WALKING

Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show when using Nordic walking poles, you increase your heart rate on average 10-15 percent more than normal walking. Nordic walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout. Wear comfortable walking shoes and dress for the weather.

Bring your own Nordic walking poles (not trekking or hiking poles), or rent them for an additional \$3 (payable to instructor at time of class).

Brookview Park Large Shelter
Mon, Sep 25
1:30-2:45 pm
\$9 res, \$12 non-res
F2215A

Adult Trip Program

Comfortable motor coaches, good food, knowledgeable tour guides—our trips are planned with you in mind! Registrations are taken on a first-come, space-available basis by mail, online, or in person at Brookview. Use the trip code and select meal choice (if offered) when registering.

****All pick-ups are at Golden Valley City Hall under the water tower.****

Harmony Amish | Tue, Oct 17

Harmony's Amish community is the largest in Minnesota and is strictly "Old Order," meaning the people are very private and have strong Christian convictions that bind their community together, enabling them to resist the ways of modern society.

The trip starts with a comfort stop at Shoppes On Maine – Target Store, Rochester. Pick up a cup of coffee (on own) at Starbucks Target or Caribou Coffee across the parking lot. Then on to Preston, MN for lunch at the Branding Iron.

Upon arrival in the tiny village of Harmony, a local guide will escort the group into the countryside where the Amish have settled. Stop to make purchases at the bakery. Harmony's Amish began their move to the area in 1974 and have grown to more than 100 families with three church "districts" and numerous one-room schools. They are a living link with the past through their visible authentic lifestyle, including no cars, telephones, electricity, or other modern conveniences.

Traveling through the beautiful rolling countryside you may see Amish farmers working in the fields with horse teams or moving about in their black buggies. Hear about their extraordinary way of life and their beliefs. Notice the Amish way of dress and how children stroll home from school swinging their lunch baskets. Stops are made where you can purchase some specialty crafted items and homemade goods (cash only).

Menu: Choose from the group menu with a seafood, pork, or chicken option served with potato, salad, bread, and beverage.

Tue , Oct 17	7:40 am pick-up	Register/cancel by Sep 18
\$94	5:55 pm return	Y3311A



"Million Dollar Quartet" at Old Log Theater | Thu, Nov 9

Arrive at the Old Log Theater, located in Excelsior near Lake Minnetonka. Trip leader will pick up tickets at the box office upon arrival.

Have lunch in the Old Log Dining Room. **Make menu choice at sign up.** Menu options: **1) Bone-out short rib** with mashed potatoes, green beans, and au jus. **2) Chicken breast** with roasted red potatoes, green beans, and a sherry cream sauce. **3) Vegetarian pasta** made with house marinara and fresh vegetables. All meals include rolls, coffee, tea, and dessert.

After lunch, move into the theater for the performance Million Dollar Quartet. This Tony Award Winning Musical is set on December 4, 1956, when an extraordinary twist of fate brought Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins together at Sun Records for one the of the greatest jam sessions ever. Million Dollar Quartet brings that legendary night to life, featuring a score of rock hits including, "Blue Suede Shoes," "Fever," "That's All Right," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do You Love?" "Sixteen Tons," "Flosom Prison Blues," "Hound Dog," and more. "Million Dollar Quartet, a buoyant new jukebox musical about a hallowed day in the history of rock 'n'roll." – New York Times

Thu, Nov 9	11 am pick-up	Register/cancel by Oct 9
\$95	4:10 pm return	Y3312A



Kiwanis Lights In Mankato | Wed, Dec 13

Arrive in Mankato and have a meal at Number 4 American Bar and Kitchen. Lunch will include a classic chicken pot pie with a buttery flaky crust, beverage, and mini Crème Brûlée.

Leave the restaurant and arrive at the Sibley Park Kiwanis Holiday Lights Display with over one million lights. Older displays were created by volunteers who bended, welded, and molded metals into forms. They then attached color rope lights to the frame to create the display - some of them are over 15 feet high! Newer displays are significantly larger and often involve moving LED light bulbs. Santa's Toy Factory is 29 feet high and nearly 40 feet wide. Other displays include the Candy Cane Cottage, the Elves snowball fight, flying Santa, and the 19-piece Nativity scene. There are concessions for sale in the warming house. Heated rest rooms are located near the entrance. There is a skating rink with a synthetic surface, live reindeer, and animated and choreographed lights.

Wed, Dec 13	2:10 am pick-up	Register/cancel by Nov 13
\$88	8:50 pm return	Y3313A

YOGA FLOW WITH LAURA

This non-competitive flow style yoga focuses on your personal experience. Classes combine yoga postures, targeted core work, and breath/body awareness. All classes end with an optional guided relaxation that takes each practice to a deeper level. Benefits include increased strength, flexibility, body awareness, and mental clarity.

Appropriate for beginners to yoga as well as those who already practice. Wear comfortable clothes and bring a yoga mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

Brookview Wirth Lake Room

5:30-6:45 pm

\$80 res, \$85 non-res

Tue, Sep 5-Oct 24

F2206A

Tue, Oct 31-Dec 19

F2206B



BALLROOM DANCING

EASY PARTNER DANCING FOR ALL OCCASIONS

No matter the occasion, you'll be prepared to dance! Be it a wedding, company party, reunion—you name it—you can be one of the best dancers at your next event. Taking steps from classic ballroom dances, you'll learn mini-routines that are easy to remember and danceable to all your favorite songs. Dance to rock, jazz, blues, country, pop hits, and more. Song requests accepted.

Dancing improves physical, emotional, and cognitive health and adds laughter and romance to your relationship. Make it a dance class date night! If you think you have no rhythm and two left feet, this is the perfect course for you. Couples stay dancing together and singles rotate with other singles. Casual dress.

For more information, visit ConstantineDance.com.

Brookview Bassett Creek Room

Sun, Oct 23-Nov 13

6-7:30 pm

\$65 res, \$70 non-res

F2403A

ARTIST SHOWCASE 2024 A COMMUNITY ART EXHIBIT ST. LOUIS PARK & GOLDEN VALLEY



CALL FOR ARTIST SUBMISSIONS

SEP 1-OCT 31, 2023

Artists will be notified of selection by Nov 19, 2023.

The Artist Showcase returns to Brookview Golden Valley in 2024. This exhibit celebrates artists in St Louis Park and Golden Valley, building connections between local artists and our communities. The Artist Showcase encourages artists of all backgrounds and creatives of all ages who live, work, or study in St Louis Park and Golden Valley to submit their work.

To apply to be part of this community-engaged event, scan the QR code or visit slpfota.org/artistshowcase. The exhibition opens to the public Jan 19, 2024 with a gala featuring art, music, and much more! Artwork will remain on display at Brookview Golden Valley until Feb 24, 2024.



This program is organized by St Louis Park Friends of the Arts (FOTA), in partnership with the City of Golden Valley and the City of St Louis Park. FOTA is a local nonprofit making the arts accessible in St Louis Park and surrounding communities. Visit slpfota.org to learn more about FOTA.



FRIDAY OPEN PAINTING STUDIO

Looking for a creative end to the week? Open studio attendees are here to guide you through your project. Bring your favorite medium and project to class. No pre-registration required.

Brookview Wirth Lake Room
9-11:30 am
\$1 per week,
pay at Guest Services



TAI CHI CLASSES WITH MARIE MATHAY

Join Certified Instructor Marie Mathay for these ancient Tai Chi exercises. Wear loose, comfortable clothing, and flat shoes.

SUN STYLE

Sun Style Tai Chi movements are gentle, smooth, and graceful, promoting better balance, strength, flexibility, and stress reduction. This form is endorsed by the Arthritis Foundation, the CDC, the WHO, Mayo Clinic, and Harvard Medical School, for its proven health benefits in over three hundred medical studies.

Brookview Wirth Lake Room
\$84 res, \$89 non-res

Tue, Sep 26-Oct 31

Beginners	9-10 am	F2207A
Advanced	10-11 am	F2207B

ADVANCED YANG STYLE

Practiced for martial arts as well as its health benefits. Classic Yang is the most popular style of Tai Chi worldwide. You will learn the Chen Man Ch'ing 37 Form. Pure, simple, and refined, it embraces all of the Tai Chi principles and teaches much more than simple movements. Discover a sustaining, lifelong practice.

Brookview Wirth Lake Room
Thu, Sep 21-Oct 26
10-11 am
\$84 res, \$89 non-res
F2209A



DEFENSIVE DRIVING

Adults age 55+ can save up to 10%, get a three-year discount on insurance premiums, and become better drivers by taking a state-approved National Safety Council Defensive Driving course. Taught by certified instructors and offered by the MN Safety Council. No tests are given, however, attendance is required to receive a certificate of completion.

Register in advance with the MN Safety Council by mail (make checks payable to "MN Safety Council") and mail to 474 Concordia Ave, St Paul, MN, 55103, or by phone with credit card by calling 651-291-9150.

4-HOUR REFRESHER COURSES

Brookview Valley North Room	\$23/person
Thu, Sep 14, Oct 12, or Nov 9	9 am-1 pm



DRIVER IMPROVEMENT PROGRAM

The Minnesota Highway Safety and Research Center (MHSRC) Driving Improvement Program is for those ages 55+. Classes are taught by a certified instructor from the Minnesota Highway Safety Center. Minnesota State Law allows a 10 percent reduction in auto insurance premiums for three years upon completion of the course.

To register, visit the Minnesota Safety Council website at www.minnesotasafetycouncil.org or call toll free at 1-888-234-1294 or visit. Fees collected day of class.

4-HOUR REFRESHER COURSE

Brookview Valley North Room	\$24/person
Tue, Oct 3 or Wed, Nov 1	5:30-9:30 pm

8-HOUR COURSE

Brookview Valley North Room	\$28/person
Wed-Thu, Sep 27-28	5:30-9:30 pm



MONEY MATTERS

Finances, investments, and things related to money are shared. Join us as we hear speakers from organizations working with finances, investments, and government present information important for today and tomorrow.

NEW REGISTRATION PROCESS You must register in advance to attend. Please use the code provided for each program. Registration is taken online at webtrac.goldenvalleymn.gov or by calling Brookview Guest Services at 763-512-2345.

Brookview Valley North Room | 10-11:15 am

THU, SEP 21

ABCDs of Medicare

Y3101B

Hear a historical perspective of Medicare, from Original Medicare through today's Medicare Advantage and MSA Medicare plans. The goal is to empower attendees to be confident selecting the right Medicare Strategy for themselves, which could save thousands of dollars a year in out-of-pocket costs, not to mention the frustration and confusion many people face when dealing with claims. Lets bring clarity to a confusing topic.

Presented by Michael J. Boho Jr, CSA, SOA, CLTC, LTCP President, HERO Insurance and Planning.

THU, OCT 19

Giving While Living (What To Consider When Gifting To The Next Generation)

Y3101C

When thinking about the legacy they want to leave behind, most people plan to bequeath all their assets to loved ones—but not until they themselves are gone. There is, however, another option, which is to start gradually giving away your assets during your lifetime. By making lifetime gifts, parents—and benefactors—get a sense of how their beneficiaries will steward their wealth. Join us as we explore the benefits of gifting early, common pitfalls to avoid, and tools available to successfully transfer wealth to the next generation.

Presented by Logan Hershey, CPA*, Financial Advisor at RBC Wealth Management, a division of RBC Capital Markets, LLC. **RBC WM Financial Advisors do not provide tax or legal advice.*



COFFEE TALK

Join us for coffee, treats, and informative programs. Register at 763-512-2345 to ensure treats and coffee for everyone.

NEW REGISTRATION PROCESS You must register in advance to attend. Please use the code provided for each program. Registration is taken online at webtrac.goldenvalleymn.gov or by calling Brookview Guest Services at 763-512-2345.

Brookview Valley North Room | 10-11:15 am

\$2, payable at time of registration

WED, SEP 27

Should I Stay Or Should I Go? Before and After The Funeral

Y3100B

After a loved one dies it feels like there are a million questions that need to be answered. Understanding what processes take place before and after the funeral will help you make better plans to ease the burden on your loved ones and give you peace of mind. There are approximately 65 decisions that need to be made before the funeral. Who is responsible for payment, types of services, who needs to be notified, what does the family need, is the funeral for the person who died or those who are still living? After death, who is responsible for paying the deceased's bills and taking care of the deceased's possessions? What happens if there is/isn't a will? How are assets transferred to heirs? Is probate necessary? How long does probate take? This session provides information we all need to know for decision we are going to make.

Presented by Jeanne McGill, CSA, SPS, and Mary Frances Price, Elder Law Attorney.

WED, OCT 25

Fraud and Scams Targeting Seniors

Y3100C

Worried you could be (or have been) a victim of fraud? This presentation will teach you how to detect a variety of fraudulent activities, including Medicare fraud and what to do if fraud is suspected. Hear about the top scams currently directed towards older adults and learn why seniors are specifically targeted. Tips will be offered on how to avoid falling for scams and where to get help.

Presented by the Senior Linkage Line.



Holiday Tea

Mon, Dec 4

1-2:30 pm | \$10/person

Brookview Bassett Creek Room

Register by Nov 27 | F3301A

Join us for a delightful afternoon with entertainment by members of the Golden Valley Orchestra and the music of Tim Patrick, followed by delicious finger foods and desserts.

Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.



MARKET IN THE VALLEY Farmers Market 2023

SUNDAYS

Through OCT 8 | 9 AM-1 PM

7800 Golden Valley Road
Behind City Hall under the Water Tower

LOCAL FOOD & COMMUNITY SPIRIT!

www.marketinthevalley.org



Oktoberfest

Thu, Sep 21

11:30 am-1:30 pm | \$20/person

Edinburgh Golf Course, 8700 Edinbrook Crossing, Brooklyn Park, MN 55443

Register by Tue, Sep 12

Enjoy the 4th annual Oktoberfest celebration
of German-style food and fun at Edinburgh Golf Course!

Entertainer "Squeezy" Wes Miller will delight attendees with authentic polka and Oktoberfest accordion strolling music. After lunch, dance or just sit back and listen to the music as Lost in Deutschland plays a variety of genres, including polkas and classics.

Fee includes luncheon buffet, root beer, and entertainment.

Cash bar with beer, wine, mixed drinks, and sodas available. Space is limited.

Register with the City of Brooklyn Park at 763-493-8333 or

www.brooklynpark.org/registration





Parks & Recreation Department
316 Brookview Pkwy S
Golden Valley, MN 55426
763-512-2345

GOLDEN VALLEY ACTIVITY & TRIP REGISTRATION FORM



First & Last Name: _____
Address: _____ Phone: _____
City: _____ State: _____ Zip: _____ D.O.B: _____
E-mail: _____
Emergency Contact Name & Phone (if different from above): _____
Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First & Last Name	Trip/Activity Name	Trip/Activity Code	Pick-up Site	Special Requests	Fee
PAY INFO: <input type="checkbox"/> Cash CC # _____ Sec. Code _____ <input type="checkbox"/> Check Exp Date _____ Sign for credit card: _____					TOTAL

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley and its partner cities or other governmental agencies (hereinafter collectively "City") to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and attorney fees. The completion of your registration signifies your acceptance of this consent.

SIGN: _____ DATE: _____